**LESSON PLAN “Scars”**

**Christine Calhoun**

While working in groups, identify different types of depression. Discuss reasons why teens would think about suicide.

Answer the following: Where can one go to get help?, Who can you talk to?, Who can you call?

Watch a YouTube video from the Emmy award winning “In The Mix”. This is a PBS documentary series on depression, self-mutilation, and suicide.

“Suicide is not chosen, it happens when pain exceeds resources for coping with pain.” ([www.metanoia.org/suicide/](http://www.metanoia.org/suicide/))

Telephone numbers where you can call to get help!

The USA National Suicide Hotline: 800.784.2433

800.273.8255

(TTY) 800.799.4889

Crisis Intervention Center of Stark County: 330.452.6000

800.956.6630